

Day treatment with abstinence contingencies and vouchers

Substance Abuse: Substance Abuse Treatment for Adults

Literature review updated May 2014.

As part of WSIPP's research approach to identifying evidence-based programs and policies, WSIPP determines "what works" (and what does not work) to improve outcomes using an approach called meta-analysis. For detail on our methods, see our [Technical Documentation](#). At this time, WSIPP has not yet calculated benefits and costs for this topic.

Program Description: Day treatment with abstinence contingencies or vouchers is a standalone treatment that combines day treatment interventions with contingency management. This intervention was originally developed to treat homeless drug users. Day treatment consists of approximately five hours of primarily group activities including counseling, recreational activities, skills building, etc. as well as lunch. Treatment in the included study occurred five days per week during the first two months and two times per week for four months. Contingencies were provided dependent on negative urinalysis results. These contingencies included housing and minimum wage employment. Other programs might also offer subsidies for utilities or vouchers for items such as personal hygiene products.

Meta-Analysis of Program Effects

Outcomes measured	No. of effect sizes	Treatment N	Adjusted effect sizes and standard errors used in the benefit-cost analysis						Unadjusted effect size (random effects model)	
			First time ES is estimated			Second time ES is estimated				
			ES	SE	Age	ES	SE	Age	ES	p-value
Illicit drug abuse or dependence	1	69	-0.231	0.213	36	0.000	0.187	39	-0.231	0.279

Meta-analysis is a statistical method to combine the results from separate studies on a program, policy, or topic in order to estimate its effect on an outcome. WSIPP systematically evaluates all credible evaluations we can locate on each topic. The outcomes measured are the types of program impacts that were measured in the research literature (for example, crime or educational attainment). Treatment N represents the total number of individuals or units in the treatment group across the included studies.

An effect size (ES) is a standard metric that summarizes the degree to which a program or policy affects a measured outcome. If the effect size is positive, the outcome increases. If the effect size is negative, the outcome decreases.

Adjusted effect sizes are used to calculate the benefits from our benefit cost model. WSIPP may adjust effect sizes based on methodological characteristics of the study. For example, we may adjust effect sizes when a study has a weak research design or when the program developer is involved in the research. The magnitude of these adjustments varies depending on the topic area.

WSIPP may also adjust the second ES measurement. Research shows the magnitude of some effect sizes decrease over time. For those effect sizes, we estimate outcome-based adjustments which we apply between the first time ES is estimated and the second time ES is estimated. We also report the unadjusted effect size to show the effect sizes before any adjustments have been made. More details about these adjustments can be found in our [Technical Documentation](#).

Citations Used in the Meta-Analysis

Milby, J.B., Schumacher, J.E., Raczynski, J.M., Caldwell, E., Engle, M., Michael, M., Carr, J. (1996). Sufficient Conditions for Effective Treatment of Substance Abusing Homeless Persons. *Drug and Alcohol Dependence*, 43(1), 39-47.

For further information, contact:
(360) 664-9800, Institute@wsipp.wa.gov

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